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ABSTRACT

A study addressed the impact of the travel experience on the older traveler and when such experiences may be transformative. It explored the experiences of four older and experienced travelers. Research questions were: What types of experiences travelers identified? In what ways transformative experience was manifested? What conditions seemed to support change during a travel experience? and What type of travel seemed to be particularly meaningful to the traveler? Qualitative case study, grounded theory, portraiture, and comparative analysis were used in the process of this research. Five general themes resulted from the study, indicating the way to a wider world. First, impact in travel occurred when one saw personally important notions within the framework and contrast of another place or culture. Second, effective tour guides could be a catalyst for promoting change in travel. Third, rather than Mezirow's perspective transformation, travelers identified a change in meaning scheme that could be internal or external. Fourth, planning or preparation caused a greater impact in the travel experience. Fifth, interactions with locals had a strong impression, even if very brief. Interview protocols are appended. (Contains 43 references.) (YLB)

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Modern Day Explorers - The Way to a Wider World.

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Older and retired adults have become modern day explorers with money, time, and energy to discover favored locations around the world. This purpose of this study addresses the impact of the travel experience on the older traveler and when such experiences may be transformative. Qualitative case study, grounded theory, portraiture, and comparative analysis were employed in the process of this research. There are five general themes as a result of this study indicating the way to a wider world. 1). Impact in travel occurs when one sees personally important notions within the framework and contrast of another place or culture. 2). Effective tour guides can be a catalyst for promoting change in travel. 3). Rather than Mezirow's perspective transformation, travelers identify a change in meaning scheme that can be internal or external. 4). Planning or preparation causes a greater impact in the travel experience. 5). Interaction with locals has a strong impression, even if very brief. These modern day explorers have shown how travel can make a difference in the quality of life of older adults.

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Key words: Older Adult, Qualitative Inquiry, and Transformation.

Introduction and Rationale

"How bright your garden looks!" said Gandalf. "Yes", said Bilbo. "I am very fond indeed of it, and of all the dear old shire; but I think I need a holiday." (Tolkein, 1965, The Fellowship of the Ring, p.49)

In the same way Bilbo "needed" a holiday, there are innumerable older adults who are energetically packing bags and leaving their homes, communities and "shires" in search of adventures around the world. One experienced traveler stated, "As a result of these trips, I have a wider world, new friends, new ideas, and challenges." Like a beacon illuminating strange destinations, older travelers are learning how to negotiate the perils and unpredictable nature of travel, and are learning more about themselves and about the world (Baltes & Baltes, 1990; Milman, 1998). Rather than blending in with countless tour groups, the four travelers presented in this study have a wider world because they have learned how to become modern day explorers. This study is an attempt to understand more about these Ulyssean travelers.

McGuire, Boyd, and Tedrick (1996) refer to the mythological Ulysses as an example for today's older adult. Rather than retiring or relaxing, the Ulyssean energetically embarks on various leisure and recreation oriented voyages during the latter part of one's life. The purpose of this exploratory study is to investigate the impact of these travel experiences on the older adult and to discern if this impact is transformative (Mezirow, 1990). Pearce (1988) also invokes the name of Ulysses to describe the psychological state of the traveler. Older persons are motivated to leave their homes and to see the world, this impetus for travel lies within the internal and psychological forces of the individual. Litvin (1998) suggests that travel's influence can extend beyond the psychological state of the traveler and become the peace industry of the world. He quotes Gandhi, cited in Theobald, "I have watched the cultures of all lands blow around my house and other winds have blown the seas of peace, for travel is the language of peace."

Travel reflects many components of basic leisure philosophy, especially that of free choice, contemplation, and autotelic activities (Goodale & Godbey, 1988). Most travelers partake of travel as a personal choice;

international travel especially is a reflection of freedom, intrinsic motivation, and perceived freedom. During the travel experience there is ample time for personal reflection and contemplation. Pieper (1952) designates contemplation as the focus of leisure experience, when one is away from the daily routine of life; there is time for thinking, reflection, and contemplation. Hall and Lieber (1996) discuss the benefits of taking time off, not just in travel, but also in study. Historically this began with the tradition of the Sabbath, travel can be a Sabbath from one's daily life.

One of the fastest growing choices of leisure is travel, and especially international travel. U.S. travelers spent approximately 51 billion dollars in other countries in 1997 (Travel Industry Association of America). Travel and tourism has become a 3.6 trillion dollar per year industry, and the older adult is traveling in increasingly larger numbers every year (Gibson, 1998, Hawes, 1988, Shoemaker, 1989, Wall Street Journal, January 11, 1999). Tourism is becoming the largest worldwide industry, with older travelers compromising the largest amount of increase in the market (Quadagno, 1999, Urry, 1990). One of the fastest growing segments of tourism is that of cultural tourism, the number of museums in the United Kingdom increased from 90 to 2,500 from 1860 to 1989 (Richards, 1996). Travelers older than 55 average the longest distances, as well as the most number of days in travel (Travel Industry Association of America). One of the fastest growing segments of tourism with older adults is that of ecotourism (Ross and Wall, 1999), and many older adults are choosing to spend their time during retirement in travel (Gibson, 1998). Much of the research on leisure and travel centers on marketing, constraints, descriptions of the traveler, characteristics of those who travel, and various implications of travel (Bas, 1992; Haber & Lerner, 1998; Hawes, 1988; Horna, 1995; teKloze, 1995; Kombal, 1996; Mackay, Lamont, & Partridge, 1996; Madrigal, 1995; Maiztegui-Ornate, 1996; Reisenger, 1994; Shoemaker, 1989; Veida, 1998; Williams, 1992). Lacking in this research is the voice of the traveler, and how travel impacts the sojourner.

While travel experiences can surely be profound, their potential to be transformative has not been thoroughly addressed. Mezirow (1991) defined a transformative experience as the following.

The process of becoming critically aware of how and why our assumptions have come to constrain the way we perceive, understand, and feel about our world; changing these structures of habitual expectation to make possible a more inclusive, discriminating, and integrative perspective; and finally making choices or otherwise acting upon these new understandings. (p. 167).

This is the result of a process that begins with an experience that does not fit within the boundaries of one's meaning perspective. The meaning perspective is the framework that one uses to evaluate decisions and is comprised of smaller meaning schemes. These schemes include specific knowledge, beliefs, and judgments. Mezirow outlines an entire process of transformation where meaning schemes change, meaning perspectives change, and eventually there is a transformati[illegible] process most often begins with a "disorienting dilemma", usual[illegible] some negative experience that is gradually incorporated into one's life, the end result being a renewal of

self-confidence.

In summary, this study is important because of the growing number of older travelers, the potential impact of travel to make a difference in the quality of life on a global scale, and the lack of studies that incorporate the voice of the traveler. Older adults account for approximately 44% of passports within the USA, and the international travel scene is often a leisure choice of older adults. Addressing the topic of travel and older adults is one of the ways that researchers can help to meet the needs of an aging population (Gibson, 1998).

Purpose of the Study

The purpose of this study is to explore the experiences of the older and experienced traveler. Research questions are the following. 1). What types of experiences did travelers identify? 2). In what ways is transformative experience manifested? 3). What are the conditions that seem to support change during a travel experience? 4). What type of travel seems to be particularly meaningful to the traveler?

Method

This research is an attempt is to paint a portrait of four travelers through the use of interpretive paradigm (Ayers, 1989; Kvale, 1996; Lawrence-Lightfoot & Hoffman-Davis, 1997). The research is based on the interviews of four people, with three interviews each, resulting in 12 units of information (Seidman, 1998). The researcher met with each participant in their home and tape-recorded the first two interviews.

Each of the participants in this study was referred to the researcher, as someone who was an older, experienced traveler. The researcher called the person, described the study, and asked specifically do you feel that you have been impacted by travel? These random contacts actually became a purposeful sample of travel experts. After permission was granted to conduct the study, the researcher met with each person for three sessions. The purpose of the first interview was to get acquainted, introduce the study, and to become comfortable with the tape recorder (Ives, 1995). After the first interview, the researcher gave each participant a list of questions to consider, to think about, and to answer. The conversation of the second interview focuses on these questions, these are included in the appendix. The third interview the researcher met with each participant for member check (Seidman, 1998), except on minor situations each participant had agreed to the findings. During the entire three-month process, the researcher was looking for themes that would accurately portray the participant. The researcher transcribed the material and began looking for themes during the process. The interview questions and guide were the result of a previous study and collaboration with three other professors on campus.

Results

Ms. Africa

Ms. Africa is 66 years old, retired, white, and single. She has been on the following trips: European Tour, England/Scotland, Kenya, Alaska, Spain/Portugal, Ireland, Canadian Rockies, plus many trips within the USA. She is a retired professional and has been working in the field of journalism. She initially worked in the Southern Baptist Mission Board Home Office and eventually taught writing and editing at a local University. She is works part-time in a free lance writing business that

she started; she enjoys cats, and is active in various organizations. I could barely fit into Ms. Africa's busy schedule of work, friends, and various trips on the weekends. A fan of a local basketball team, she was looking forward to attending the annual conference tournament.

Her attractive home was filled with souvenirs from various trips and above the mantel was an imposing and beautiful picture of a lioness with cub that she had taken. She states, smiling, "It sustains memories." Three "miniature tigers" wander about the home keeping guard, reflecting her love for cats. She has converted her living room to a spacious office; my first visit on a Saturday morning one could hear the hum of the computer, reflecting an active and busy life. Ms. Africa has a hearty laugh and enjoys talking about her trips.

Ms. Africa's conversations revolved around two trips, one to Kenya, and the other to Scotland/England. However, her narration was focused primarily on the African trip. Ms. Africa identified several meaningful experiences in her travel. "Kenya is entirely different…to be able to see and to know the people, the dedication of some of them…to their church…to be able to have that first hand experience…." The context of contrasts, seeing a country, people, culture, and her personal faith in a different perspective became the meaningful experience. Her love of animals became evident during the trip and she was excited to have been able to see such a variety of animals in Kenya. "…It was interesting to see that entirely different culture…and then of course the animals…that also made the experience very pleasant and meaningful…I never thought I would be that close to the animals."

Transformation and change as a result of travel was apparent in various ways. After explaining Mezirow's (1990, 1991) definition of transformation, Ms. Africa quickly said, "Getting a job and gaining a new friend." "[The trip] led to me getting a part time job…in retirement…I wrote the article for the Athens magazine…and rewrote it, and in the process…she learned I was doing free lance work…." The friend who she met on a trip became a companion for future trips, as well as "a great scrabble partner at home".

When I specifically asked her if she had changed internally or if she was different because of the trip, she said no. However, Ms. Africa does admit that she is more aware. She says she has a better understanding and an expansion of knowledge on a variety of topics. "I have become more aware of conditions, and the people…I am a bit more aware of the places I visited and if they are in the news I am more conscious of them …I understand a little more of their culture, their politics, their history…."

Ms. Africa has written several journals, not just picture albums, in collaboration with other travelers where they would combine ideas, drawings, and a daily log of activities. This type of contemplation provides memories for the future, something to hand to future generations, and contemplation about the trip. "I saw even more of the poverty, I went on a small train from Nairobi to Mawbaso…children were lined waiting for the trains to come by…and people were throwing tee shirts, pencils, whatever to them…."

Ms. Atlaswalker

Ms. Atlaswalker was so named because of the reference to her

grandmother's atlas, during visits they would attempt to locate the strange names of Chinese towns in the book "Marco Polo." She primarily discussed two trips, Russia and China, yet she was careful to point out the Russia trip was preeminent because she had fallen in love and eventually married a fellow member of the group. When I asked her age, she said with resolve "sufficient", I laughed politely and dared not ask again. She summarized the main trips in her life as the following: England/ Italy/ France, Salzburg, Mexico, China (two trips), Australia/New Zealand, Germany/Soviet Union, Canada, and many trips within the USA. On a cold, windy Friday afternoon in February, I drove to Ms. Ruschina's home, and she promptly fixed a pot of tea. Her home had piles of books, and various papers sorted in careful stacks, which interestingly brought back smells of my grandmother's house. She has been widowed twice, has three daughters by her first husband, and one grandchild. In a few minutes Ms. Atlaswalker emerges from the kitchen in the old home, like a butler on a cruise ship armed with enough china and silver for a dinner. I instantly felt comfortable and appreciated her hospitality. Ms. Atlaswalker is a lifelong learner, having been a schoolteacher, and a partaker of classes outside of the formal classroom; she is currently taking classes at the university and is helping to teach English as a second language.

Meaningful experiences during her travels were primarily on two trips - Russia and China. She repeatedly discussed being uncomfortable and the importance of travelers learning to adjust.

Well…after three or four weeks you are exhausted, you have to battle for everything…. The trip was so exhausting; they had to bring a wheelchair for my daughter to get on the plane. They brought the wheelchair right up to me, but I said, its not for me, its for her!

This discomfort in travel may be similar to the disorienting dilemmas that Mezirow discusses as part of the process leading to transformation (1990, 1991). Her meaningful trips are ones that brought her close to the culture and the local people. "If you could say anything in their tongue they were delighted, we tried to pick up some Chinese, we had someone who had been in China, and he spoke Chinese, and they were just thrilled to death!" The reason these trips stand out is not just because of the contrasts, but also because of a lifelong infatuation with the Orient. "I have always dreamed of going to the Orient, I read Marco Polo when I was a little girl!"

Change or transformation as a result of travel, took place on the Russia trip. However, it was not the Hermitage or Red Square that carried influence, she fell in love with and married a fellow traveler. Having a new companion after being widowed transformed her life. This unexpected benefit is similar to Ms. Africa's job offer after she returned and wrote a simple story of her trip. Ms. Atlaswalker said, "It was a miracle, some people really think that God had arranged it…(falling in love) was the most important thing…nothing touched that!"

During one of our conversations, there was a knock on the back door, it opened slowly, and in walked a young man of Chinese descent, I thought, "This story is coming alive." Welcoming the intrusion, she said, "Oh, he is just a grad student, lives upstairs, with two others… from Bulgaria and Russia." I thought to myself, in this quiet home, she has a portable world

living upstairs. Similar to the cat that jumped on my table in Ms. Africa's house, in this house China appeared out of thin air, I could see a theme of continuity with meaningful trips (Zimmer, Brayby, Searle, 1995).

The learning that took place before this trip laid the groundwork for impact. Her grandmother had a love for geography, Ms. Ruschina read Marco Polo as a small girl, and as an adult she took an extensive class on the Orient.

My grandmother had an atlas under the sofa, and whenever anything came up we didn't know we would go to that atlas. See I have one usually on my sofa…While I was teaching I was selected to attend a six weeks class on the orient, I never studied so hard in my life, we focused on China and India, everything from literature to geography.

Instead of being like Pearce's (1988) mindless tourist, Ms. Atlaswalker always knew where she was, how to pronounce the cities, and an understanding of the political situation. She also discusses the impact of tour guides as well as surprises. She emphasized that surprises on a trip a like a "gift". "The water was so scarce there, you could turn on the bathtub and there was no water, and it wasn't that (there was no water), it was the sort of surprise the first time you run into it…." These surprises often become the context for memorable learning experiences. Like a dream that has come alive, Ms. Ruschina seems to have literally walked inside her grandmother's atlas becoming a modern day Marco Polo.

Mr. and Ms. Camper

This couple is named because their travel has been within the context of camping. The modest home and yard reflected meticulous care and industry at home and garden. Recycling, gardening, and a love for the outdoors were evident. This is a busy couple, full of activity and interest, when I interviewed Ms. Camper, Mr. Camper was hammering away on a project in the basement; as soon as I finished with Ms. Camper, she took off walking with weights swinging in both arms. We sat in front of a large picture window with a view of a small stream and hillside; several homemade birdhouses and a home-crafted lighted system around the porch. He is 73 years old and she is 70. The trips they have been on are: Prince Edward Island, European tour, England-Scotland-Wales, Canada, Japan/Okinawa, New Zealand, Kenya, Israel/Egypt, Ecuador, plus many trips within the USA. She is a retired biology teacher, and he is a retired Methodist Minister.

Ms. Camper

Ms. Camper identified several situations as meaningful experiences in travel based around the theme of camping. This form of independent travel is also a reflection of their lifestyle; economic, outdoors, close to other people, and self-entertaining, camping is its own trip within a trip. "We were both outdoors' people…almost immediately we knew that was the way to go, and that is the way we still want to go, we seldom ever want to stay in motels…."

All of their trips have been with family and within the context of camping. Continuing with the love of camping despite aging, they have recently bought a small camper trailer to take on their trips. Concerning change and transformation, Ms. Camper said with enthusiasm that she was amazed that she "could ever travel so much." These varieties of economic

trips around the world resulted in a personal change in self. This woman has come from being a poor girl of the depression whose Dad died at an early age, to a world traveler with a family who loves her. "...Part of it is I am absolutely amazed I was ever able to do such a thing...because growing up poor, poor, poor, and never being out of the state of Georgia...[I] just feel 'Yeah!' - Wonderful! {Hearty peals of laughter.}." When pressed on a lifestyle transformation she indicates she enjoyed her life before the trips and feels she is inwardly the same. Yet she does admit there is something that took place, "(These trips) deepened our enjoyment of the world...and of things in the United States... we had a lot of appreciation...."

Her relationship with God is important, she adds, "I appreciate all the more the Creator, the One who created...and talking to other people of other kinds of other countries and all...such a wonderful Creator that made such beautiful country...." This desire to learn is increased by travel. Once they have decided on a trip they will begin to study the area a year before the trip, and often they will continue to read about the location for a year after the trip.

Mr. Camper

Concerning meaningful experiences Mr. Camper focused on the Africa trip, yet also mentioned Japan. The contrast of the animals, the tour guide, and the interaction with locals helped to make the Africa trip a meaningful experience. He discussed how being a minority in Japan and in Africa was a new experience, and without a tour guide in Japan he was forced to negotiate the perils of travel.

Being a minority. I mean we were really a minority in Japan, and because we were on our own without a guide...and that is a different feeling...you get what it's like, when you just don't know anything...you don't know anything at all...

He also discussed how being with family and camping are the basis of his trips; this is the understood expectation of his travel.

Our oldest daughter who ...really thinks through and mulls over things a lot...she said, when she was 12...you know I wasn't sure if I wanted to come...but...I am not a bit disappointed (as they were looking at the Grand Canyon)...

When I asked Mr. Camper if he had changed on a trip, he said "nothing big". He says travel is enriching and he enjoys reliving the memories, however as far as really changing his life, this did not happen. Mr. Camper has had more of an internal change than he verbalizes. For example, he explains that he will continue to read about a place for a year after he returns.

(Travel) helps you to visualize the things you have not seen because of the things you have seen...you get a lot more out of reading, we will read about a place a year before we go...or I do, and then several years after I come back...we read a whole year about the Outer Banks....

These trips have provided Mr. Camper with authentic fodder to add to the fire of personal reading and leisure. Mr. Camper would be reading and learning even if he never traveled, the change is that having traveled, and this learning is stronger and more authentic. He states, "There is more interest after you come back." Mr. Camper is the preparation and planning guru of the travel world. This experiential learner continues to

read about the location often making notes from personal observations. These moments of reflection and reading, are part of Mezirow's focus on critical reflection as a key ingredient to personal change (1990, 1991).

Discussion

There are three general themes from this study based on the research questions.

1). Meaningful travel occurs when one sees the important aspects of one's life within the framework and contrast of another place or culture. Ms. Africa said, "To be able to see and to know the people, the dedication of some of them…to their church…to be able to have that first hand experience of two different churches in Kenya…."

In addition, meaning and impact in travel occur when there are interactions with locals. "…He kept getting closer and closer…and looking at my skin…he was fascinated with my tape recorder…." Rather than becoming enmeshed with other travelers, often these travelers reached out to locals and attempted to make contact with them. A great deal of the conversation during the interview would center on some interaction with a local.

2). Learning in travel occurred as a result of preparation before and after the trip. "…I appreciated the whole world because I did a lot of reading about things…. about the world, geographically, and the people, buildings, …just that I got to see it more make me feel more akin to it, and that much more amazed…." Also each participant discussed the importance of effective tour guides, "…We felt safer with him…we could ask him anything, and he could answer it for us we felt close to him…."

This anticipation of the trip often results in a planning and preparation that may last a year before the trip, and continues for a year after the trip as they continue to learn more about the places they visited. This excitement of an upcoming trip adds a new meaning and significance to the person's life. One couple discusses how much they enjoyed reading about places they were going to visit during car trips, another couple discusses how they will continue to read about a location for a year after they have been there. This learning based on actual experiences solidifies their learning.

Of special interest seems to be "surprise learning". This unanticipated response to something new seems to remain in the traveler's mind forcing them to realign previous thoughts and ideas.

3). Rather than Mezirow's perspective transformation, travelers identify a change in meaning scheme that can be internal or external. When asked, this depression-era cohort denied being changed; it seems obvious that Mezirow's perspective transformation may not have occurred, but the smaller, change in meaning schemes did occur.

Ms. Camper states, "As a result of these trips, I have a wider world, new friends, new ideas, and challenges." Travel in foreign countries may bring potential disorienting dilemmas discussed by Mezirow (1990, 1991). Learning to handle language, money, directions, and location may present a "shallow" disorienting dilemma. Although not a life crisis, yet each traveler discussed how negotiating these difficulties has resulted in a greater self-confidence and learning (Baltes & Baltes, 1990). Each traveler discussed similar changes, becoming more confident and more aware of the world.

There were several issues not mentioned yet obvious to the researcher from

these participants. 1). Each participant is of European descent, three out of the four were women, and they are financially comfortable. 2). They are healthy, exercise, and avoid negative habits. 3). There is a lack of constraints within their life. The hindrances to leisure as identified by Goodale and Godbey (1988) as interpersonal, interpersonal, or structural constraints were never mentioned. Rather they live with an internal permission to see and experience the world. 4). Travel provides the participant with the potential to escape from the hassles of daily life and offers an environment for perceived freedom, autotelic endeavors, and contemplation (Neulinger, 1974; Pieper, 1952).

Conclusion

This limited sample of older travelers was unique in some respects, and generalizations should be done cautiously; however, they are fairly typical of the large growing body of mature, educated, healthy, and financially able older adults (Quadagno, 1999). Some of these women are experiencing a new lease on life, and are less constrained than at any other time period (Gibson, 1998; Hawes, 1988). Each of these travelers has become like a personal scientist, discovering what works for him/her in travel, and attempting to use travel as a way to meet personal needs (Botterill & Crompton, 1996; Ryan, 1998). It could be argued that they are actually seeking their own selves, hoping to sense an inter-personal and intra-personal well being as they are face to face with "foreign" objects (Wang, 1999). While all of these travelers learned to travel at a younger age, retirement provides the time to pursue their dreams. To the extent that they use travel simply to stay stimulated or maintain appearances, they may be serving continuity needs (Zimmer, Brayley, & Searle, 1995), but to the extent that they let their travel experiences wash over them in some ways, their perspective may well be changed and on rare occasions their lives may be transformed. Mannell (1993) discusses the importance of serious leisure for the older adult. The type of travel described in this study reflects how international travel can become a high investment leisure activity contributing to life satisfaction for older adults (Csikszentmihalyi, 1977; Kleiber, 1999; Lawton, 1993; Mannell, 1993).

Mature and older travelers are in search of meaningful trips (Roberson, 2001). Rather than wasting time in various ports of call, today's traveler has the energy to learn, and a desire to be impacted by their world. While it may take a disorienting dilemma to create a perspective transformation of the type discussed by Mezirow, travel does have the potential to change one's meaning perspective, to impact the knowledge one has about the world, and to change the individual in subtle but important ways.

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INTERVIEW GUIDE

(Transcript of interviews is available.)
Interview One - Should be about one hour tape-recorded.

1. IRB approval and in general what will take place during the interviews.
2. Tell me briefly about yourself.
3. Let me tell you about myself.
4. What have been your main travel trips over your life?
5. Which ones of these has been the most meaningful?
6. Could you select a few photographs or something from your trips that represent something special for you? Next time we will discuss these.
7. Do you sense any personal change because of these trips?
8. What does 'travel' mean for you?
9. Why do you think travel is popular?
10. Travel seems to be a growing choice of leisure for older adults. Why are older people traveling more?
11. As an older person, what is significant about travel?
12. In contrast to the preceding, tell me about a trip that did not mean that much.
13. What makes travel a good experience? Or Meaningful?

Interview Two - Should be about one hour each. (This is just a guide for interview; my main purpose here is to ask participants to reconstruct their experience and to explore their meaning.)

1. Tell me about your most significant trips. Tell me more about this. Can you reconstruct this story? What do you think were the conditions that made this significant?
2. Do you have any photographs or something from your trips that are especially meaningful to you? Tell me about those.
3. Tell me about your particularly meaningful experiences on these trips? Think of a time that really stands out for you can you create this story for me?
4. What impact did this have on you?
5. Do you sense a change - what is different about you now because of this? Was this an internal change - such as change in thoughts? An external change - can you tell me something that you do now, that is different as a result of your trip?
6. What were the conditions, situations, or environments that helped to create this?
7. Was there anything that was personally uncomfortable, difficult, hard, or challenging about the trip? How did this play into your experience?
8. Can you give me a story or something symbolic that represents travel for you?

(The following should come out in the above if it was impactful.)
9. Was there very much preparation for the trip? Planning? Anticipation?
10. While you were traveling did you have contact with locals, can you elaborate on this?

11. Were you involved with tours, or tour groups, what was this like? What was the tour guide like?
12. Did your trip involve personal reflection, journaling, picture taking, or discussion with others? Before, during and after the trip.

Interview Three - About 45 minutes together - tape record - member check

1. Follow-up on further questions.
2. Member check.
3. Tell me a story about your trip. Can you tell me a story that symbolizes your trips? Can you give me a metaphor about your traveling?